

Disaster PREP

(PLAN, RESPOND, EXERCISE & PREPARE)

August 2023

From the DMH Office of Disaster Services

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<https://modmh.thinkific.com/>
- FEMA ICS 100 & 200 and 700 & 800 for Senior & Exec Leadership - National Incident Management System (NIMS)

<https://tinyurl.com/NIMS-100>

<https://tinyurl.com/NIMS-200>

<https://tinyurl.com/NIMS-700>

<https://tinyurl.com/FEMA-800>

DISASTER DISTRESS HELPLINE (DDH)

Over the last several years, people across the world have dealt with disasters of various sizes such hurricanes, tornadoes, mass shootings, pandemics, and wildfires. Most people impacted by a disaster, whether directly or indirectly, are affected in some way. Many disaster survivors are able to push through and cope with the “new normal” of life following a disaster, while others may find their situation harder to handle. Preexisting conditions such as serious mental illness may play a role in their ability to recover from such an event. After a disaster, people with serious mental illness may be at increased risk for distress and potentially have a decreased ability to function. So how might individuals get support after a disaster?

One can simply call or text the Disaster Distress Helpline (DDH) at 1-800-985-5990. The DDH is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.

When you call or text, crisis counselors listen to what's on your mind with patience and without judgment. DDH is staffed by trained counselors from a network of crisis call centers located across the United States, who provide:

- Crisis counseling for people in emotional distress related to any natural or human-caused disaster;
- Information on how to recognize distress and its effects on individuals and families;
- Referrals to local crisis call centers for additional follow-up care and support;
- Healthy coping tips.

Disaster
Distress
Helpline

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746



Mark your calendar for the Great Central U.S. Shake Out. It is October 19, 2023 at 10:19AM. #ShakeOut

NEW PREPAREDNESS COORDINATOR TO FOCUS ON DEVELOPMENTAL DISABILITIES

Deb Hendricks joined the ODS staff in mid-April to focus on disaster planning for the Developmental Disabilities side of the house. Her initial focus will be on discerning the needs of individuals with intellectual and developmental disabilities and those who work to provide care and case management services for them. She has circulated a survey asking about those needs, which was distributed widely to providers, parents, individuals, and associations. She hopes everyone who received it will provide honest feedback.

Deb will also be creating emergency planning guides for individuals with I/DD and for providers of services to those individuals. She is creating a workgroup to review and advise on these documents. If you are interested in being a part of that group, please let Deb know immediately. She can be reached at debra.hendricks@dmh.mo.gov.

UPCOMING TRAINING

DMH Office of Disaster Services is pleased to host PREPaRE trainings throughout Missouri

This two-day workshop provides school-based mental health professionals and other crisis intervention team members with the knowledge necessary to meet the mental health needs of students and staff following a school-associated crisis event. With updated research and crisis intervention strategies, this workshop teaches participants how to prevent and prepare for psychological trauma, helps to reaffirm both the physical health of members of the school community and students' perceptions that they are safe and secure, evaluates the degree of psychological trauma, responds to the psychological needs of members of the school community using a multi-tiered approach to crisis intervention, and examines the effectiveness of school crisis intervention and recovery efforts. This workshop is an excellent course for all mental health professionals who provide school mental health crisis intervention services or respond to schools during disasters.



- September 11th & 12th, 2023 - Cape Girardeau, MO
- October 10th & 11th, 2023 - Jefferson City, MO
- November 28th & 29th, 2023 - Kirksville, MO
- January 10th & 11th, 2024 - Joplin, MO
- February 5th & 6th, 2024 - Kansas City, MO

To learn more or to register, contact the Youth Services team at YSTraining@BurrellCenter.com
Registration fee covered by DMH.



NOVA's Basic Crisis Response Training consist of twenty-four hours of techniques and protocols for providing crisis intervention to individuals who have experienced trauma. The training focuses on the fundamentals of crisis and trauma, and how to adapt to basic techniques to individuals and groups in this area also known as psychological first aid.

- October 24-26, 2023 - Kansas City, MO (<https://tinyurl.com/novabasic-kcmo2023>)
- October 31-November 2, 2023 - St. Louis, MO (<https://tinyurl.com/novabasic-stl2023>)

Registration fee covered by DMH.

TeachWell is a text-based wellness program from the DMH as a thank you to educators. This comprehensive program aims to support the mental health and well-being of educators, recognizing that their emotional and mental well-being directly impacts their ability to create a positive learning environment for students. TeachWell offers a series of courses addressing key topics such as preventing burnout, seeking help, the benefits of movement, managing depression and anxiety, and fostering resilience through self-care and team care. By prioritizing your well-being, you can thrive both personally and professionally.

Sign up for free bite-size wellness exercises that come to you via email or directly to your mobile device.

TeachWell today to cultivate resilience, enhance mental health, and make a positive impact on the lives of your students.

<https://dmh.mo.gov/wellness/teachwell/signup>

The landing page for TeachWell Wellness Exercises for Educators. It includes a photo of a smiling woman, the TeachWell logo (an apple with a heart), and the text "WELLNESS EXERCISES FOR EDUCATORS" and "SIGN UP >".



For more information,
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WEBSITE
<http://dmh.mo.gov/disaster-services>

SOCIAL MEDIA
[Facebook](#) | [Twitter](#) | [Instagram](#)
@DMHDisaster

useful
links

The FEMA App allows you to receive real-time weather alerts, locate emergency shelters in your area, and more.

<https://tinyurl.com/appfema>

Missouri Show-Me Hope
<https://www.moshowmehope.org/>

My Mental Health Crisis Plan App
<https://smiadviser.org/padapp>